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ABSTRACT

Two papers describe studies to decrease inappropriate social behaviors of severely retarded students. R. Spangler and others in "The Effect of a Time-Out Procedure on the Duration of Tantrum Behavior in a 13-Year-Old Severely Retarded Male S" report on a three phase study in which a combination of verbal instructions and a timeout procedure resulted in significant improvement in tantrum behavior. It is explained that the S's tantrums decreased from an average 37 minutes duration to 19 minutes, along with a decrease in tantrum frequency. "The Reduction of Hostile Behavior in Two 8 Year Old Severely Retarded Ss" by R. Villier and others describes the effect of a punishing contingency (requiring the Ss to sit quietly for 15 minutes behind a partition, combined with 15 minutes in a timeout room if they got up or acted out during the first contingency) and intermittent positive reinforcement on Ss' hitting, pushing, kicking, spitting, and biting behaviors. It is explained that both Ss were brought under control within a week during the treatment phase, that hostile behaviors were reduced to an acceptable level, and maintained at that level for over 1 month. (Author/CL)

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Deceleration Procedures for Inappropriate Social Behaviors with Severely Retarded Ss. Two Papers.

Robert S. Spangler et al*

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THE EFFECT OF A TIME-OUT PROCEDURE ON THE DURATION OF TANTRUM BEHAVIOR IN A 13-YEAR-OLD SEVERELY RETARDED MALE S

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Mental Retardation

Time-Out

THE EFFECT OF A TIME-OUT PROCEDURE ON THE DURATION OF TANTRUM BEHAVIOR IN A 13-YEAR-OLD SEVERELY RETARDED MALE S

Abstract

This was a single baseline experiment with a 13-year-old severely retarded male S who emitted tantrum behavior at high rates, with long durations.

Duration data were collected on tantrums (screaming and yelling, hitting, kicking, throwing objects, scratching, etc.). Data were collected in the home environment by the mother under the supervision of the authors. Verbal instructions and a time-out procedure using a 4' by 4' room, top open, carpeted floor and walls were used in Phase II and only time out in Phase III.

Data were plotted on a Standard Behavior Chart. This chart clearly shows a deceleration trend during the treatment, Phase II and Phase III.

THE EFFECT OF A TIME-OUT PROCEDURE ON THE DURATION OF TANTRUM BEHAVIOR IN A 13-YEAR-OLD SEVERELY RETARDED MALE

Introduction

This was a single baseline experiment with a 13-year-old severely retarded male S. The project was done in the S's home through the Community Service Division of the State Mental Retardation Services Office in Knoxville, Tennessee.

The S's case was referred to the Home Training Program by the outreach Social Worker for Roane County. The family's main concern with this S was his violent temper tantrums in which he displayed the following behaviors: (1) screaming and yelling, (2) hitting, (3) kicking, (4) throwing objects, (5) scratching. The family reports that these tantrums are of such magnitude that the S had to be held down physically. The family was concerned because of the S's size and strength, it was getting more difficult to physically restrain him. The family felt that it was only a matter of time before they would be unable to restrain the S during these tantrums, thereby making it necessary to institutionalize him.

Subject

According to an evaluation done at the Greene Valley Developmental Center, the S had an SA: 3.0, SQ: 31, M.A.: 3-0 and an IQ:21. The evaluation concluded that the S is a candidate for continuous custodial care in a half-way house type environment. No hope for mental improvement, but could be trained not to be so "hyperactive, reducing his "frustrations" and resulting tantrums. Diagnosis: Mental retardation due to unknown prenatal influence

Procedure

The experiment was designed to eliminate or decrease the severity of these tantrums so that the S could continue to function in the community environment. The treatment used was time-out. Time-out is a procedure through which access to reinforcement is removed for a particular time period. Time-out is a procedure that has been used by parents and teachers for years.

The type of room the family used at home for time-out was a four feet by four feet plywood, with a door that locks from the outside, an open top, and the floor and walls were carpeted. The time-out room was used for short periods of time (5 minutes or until the S was calm).

Duration data were collected on tantrums (screaming and yelling, hitting, kicking, throwing objects, scratching, etc.) Data were collected in the home environment by the mother under the supervision of the authors. Verbal instructions and a time-out procedure using a 4' by 4' room, top open, carpeted floor and walls were used in Phase II and only time-out in Phase III. It should be noted that time-out had been used effectively in the past with the S in eliminating his tantrum behavior at the Lakeshore Mental Health Institute--River Bend Project.

Results

Analysis of behavioral data shows a significant improvement in Jimmy's tantrum behavior at home (see standard behavior charts). Data indicates that the duration of tantrum behavior has decreased from average of 37 minutes to 19 minutes. In addition, the frequency of tantrums have decreased. The data shows an average improvement of 18 minutes of duration per tantrum. Although on the surface this does not appear to be very dramatic, the time-out procedure has enabled the parents to cope with the

behavior and as a result withdraw their application to G. V. D. C. In addition, the parents report a decrease in the severity of Jimmy's tantrums. It must be noted that this is a subjective observation by the parents.

It should also be noted that the school was not using time-out as recommended. As a result they lost two teachers last year. They are presently considering the use of the time-out procedure.

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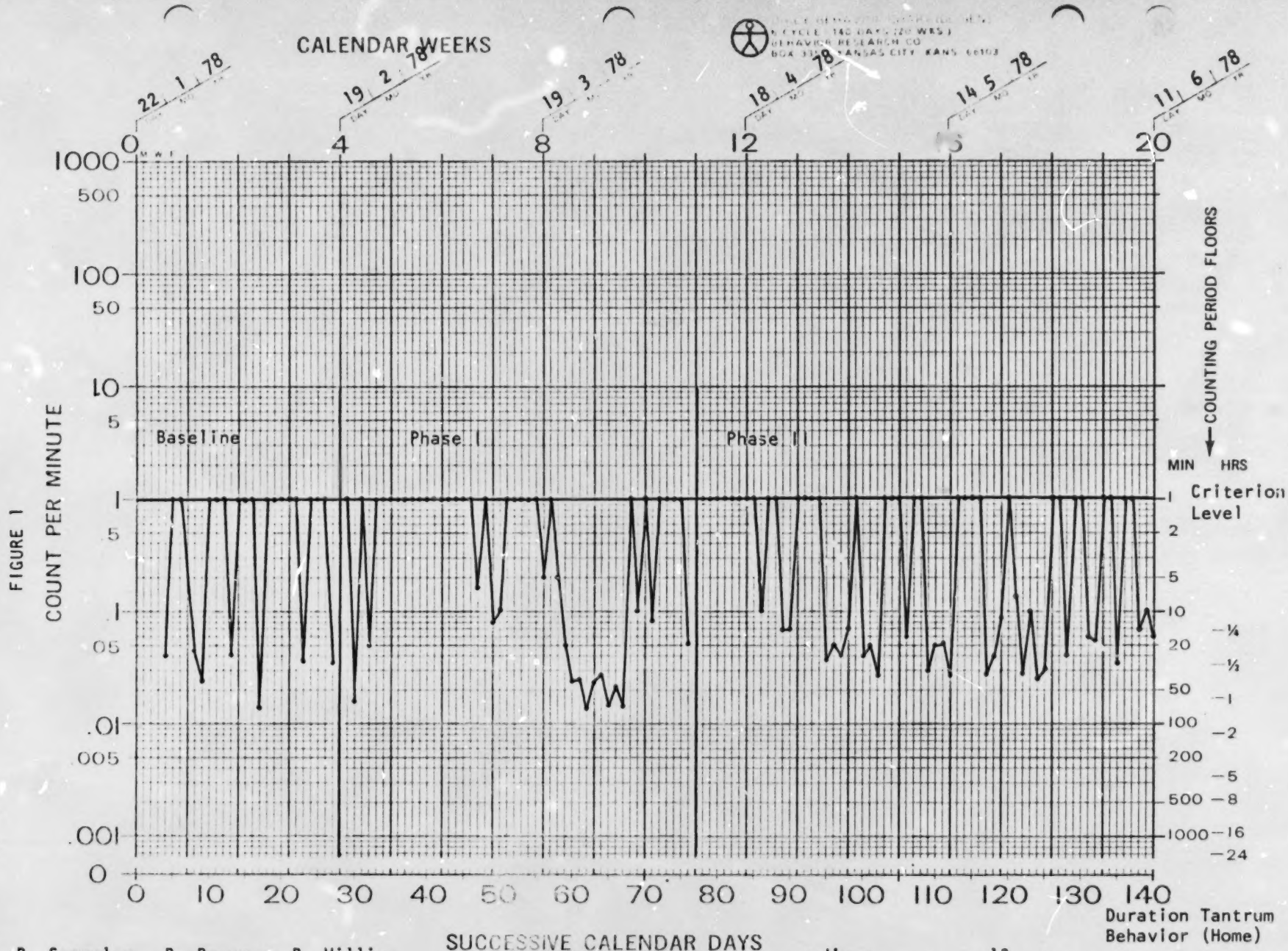
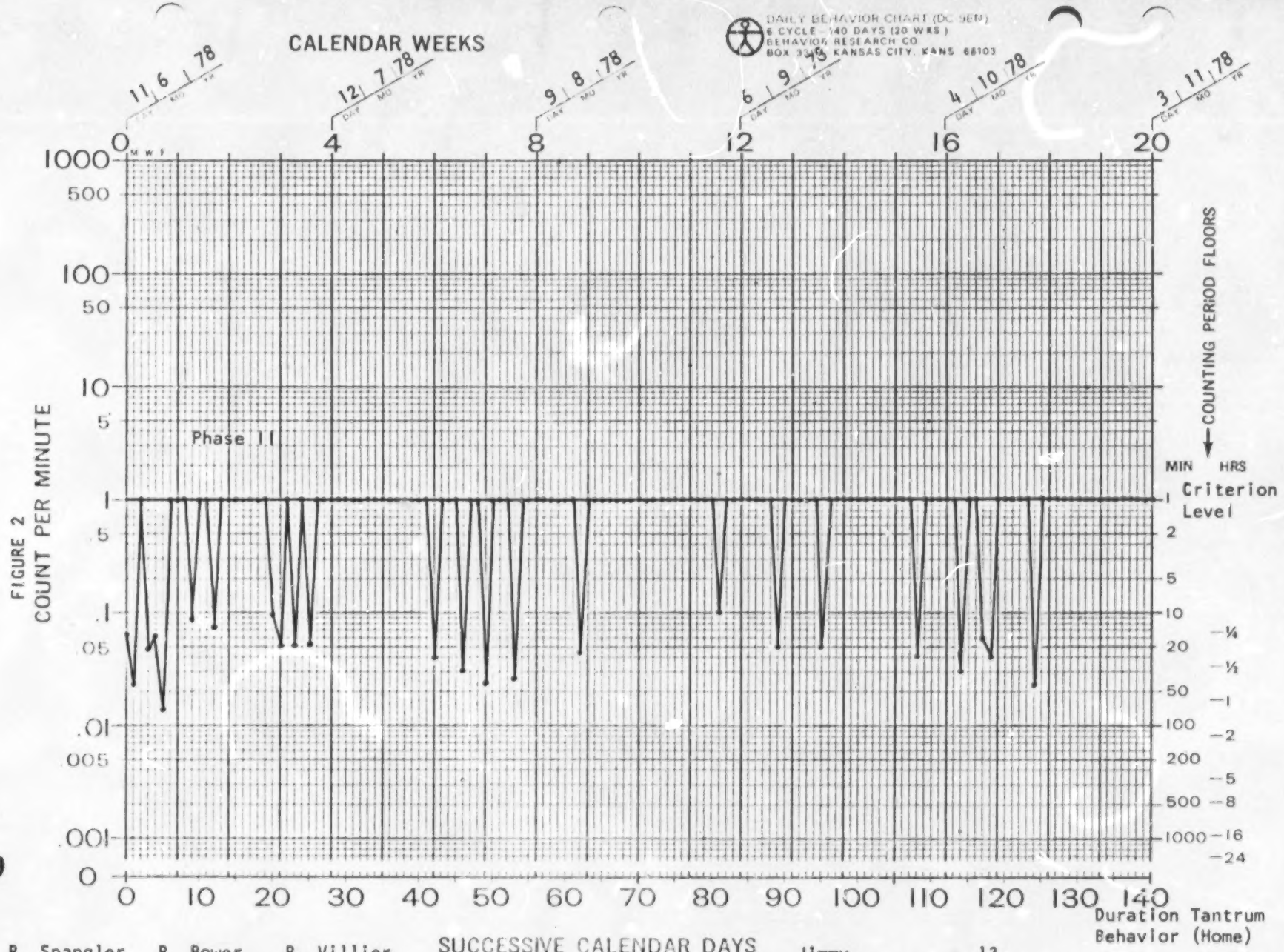


FIGURE 1

R. Spangler	R. Bower	R. Villier		Jimmy	13		
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED
Mental Retardation Services		R. Villier	R. Villier	R. Villier			
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER		



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R. Spangler	R. Bower	R. Villier		Jimmy	13			11
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED	
	Mental Retardation Services		R. Villier	R. Villier	R. Villier			
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER			

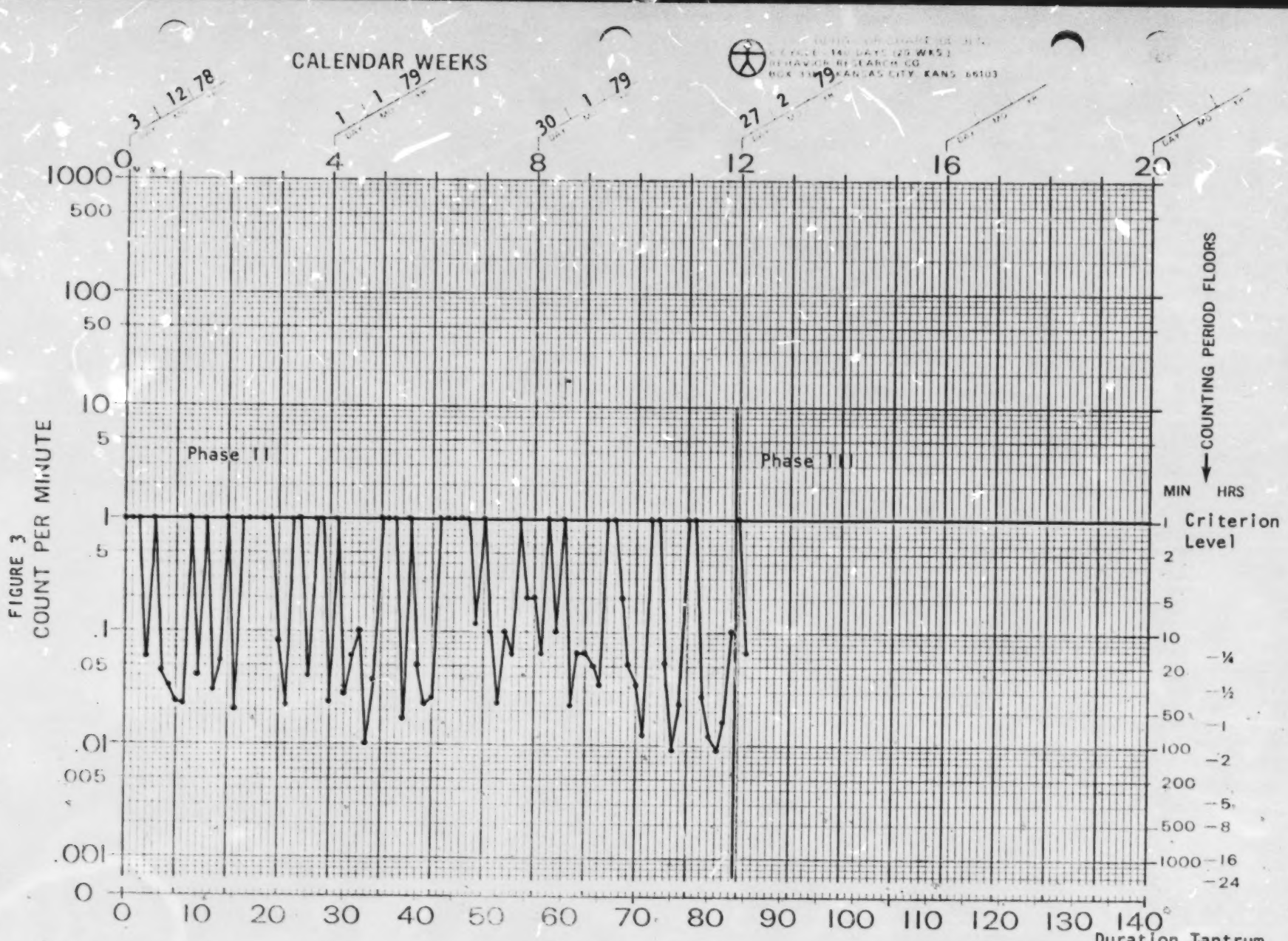

FIGURE 3
COUNT PER MINUTE

12

R. Spangler	R. Bower	R. Villier		Jimmy	13		
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED
Mental Retardation Services		R. Villier	R. Villier	R. Villier			
DEPOSITOR	AGENCY	TIMER	COUNTER	CHARTER			

13

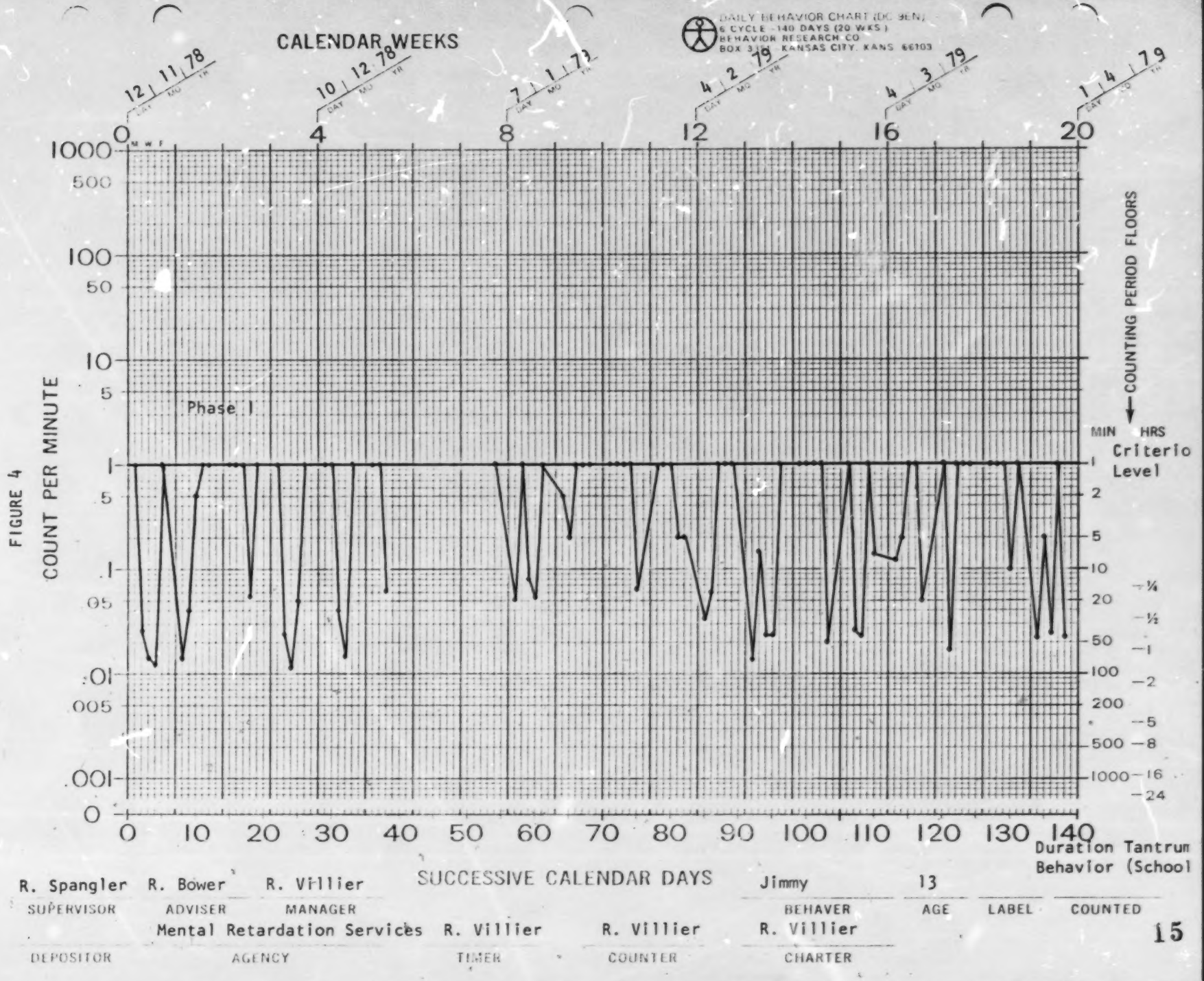

FIGURE 4

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R. Spangler	R. Bower	R. Villier		Jimmy	13		
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED
Mental Retardation Services		R. Villier	R. Villier	R. Villier			
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER		

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THE REDUCTION OF HOSTILE BEHAVIOR IN TWO 8 YEAR OLD SEVERELY RETARDED Ss

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Mental Retardation
Punishment

THE REDUCTION OF HOSTILE BEHAVIOR IN TWO

8 YEAR OLD SEVERELY RETARDED Ss

Abstract

The purpose of this experiment was to analyze the effect of a punishing contingency (requiring the two Ss to sit quietly for 15 minutes behind a partition, combined with 15 minutes in a time out room if they got up or acted out during the first contingency) on the hostile behaviors (hitting, pushing, kicking, spitting, biting, etc.) of two severely retarded 8 year old Ss. In addition, positive reinforcement (praise, physical closeness and consumable reinforcers with one S) was delivered intermittently when the Ss behaved appropriately.

Both Ss were brought under control within a week during the treatment phase. Hostile behaviors were reduced to an acceptable level, and maintained at this level for over a month to demonstrate the power of this procedure to technicians at the Developmental Center.

THE REDUCTION OF HOSTILE BEHAVIOR IN TWO

8-YEAR-OLD SEVERELY RETARDED Ss

Introduction

The Ss studied were two male residents at the Greene Valley Developmental Center. The Ss were 8 years-old and were diagnosed as severely retarded. The parents or guardians of the two Ss signed an agreement and informed consent forms. In addition, this experiment was part of an official institutional Behavior Change Program designed to eliminate or reduce the problem behaviors to the point that the resident could be returned to his own community.

Subjects

Both Ss emitted high rates of biting, slapping, kicking, pinching, choking and pulling hair behaviors over the whole day. Beside being labeled severely retarded, they were also labeled hyperactive and aggressive. One S was diabetic which precluded the use of consumable reinforcers with him for appropriate behavior (absence of target behaviors.) Both Ss are 8 year old males who were admitted to G. V. D. C. for behavior control on a six months intensive training program.

Procedure

Baseline data were collected for five days, using a random thirty minute observation period with Junior. Baseline data were collected for ten days, using a random thirty minute observation period with Billy. Both Ss did emit high rates of "aggressive" behavior.

The treatment phase consisted of requiring the two Ss to sit quietly for 15 minutes behind a partition each time (FR-1) they were caught emitting an act hostile to other residents. If they got up or acted out during this 15 minute time period, they were removed to a "time out" room

for an additional 15 minutes. Appropriate behaviors (lack of hostile acts and acceptable social interactions) were positively reinforced with physical closeness and praise with both Ss on an intermittent schedule. In addition, Junior was given consumable reinforcers on an intermittent schedule for appropriate behavior.

Results

The results of the treatment were remarkable. Both Ss were brought under control within a week during the treatment. The Standard Behavior Charts clearly show the change in behavior for both Ss.

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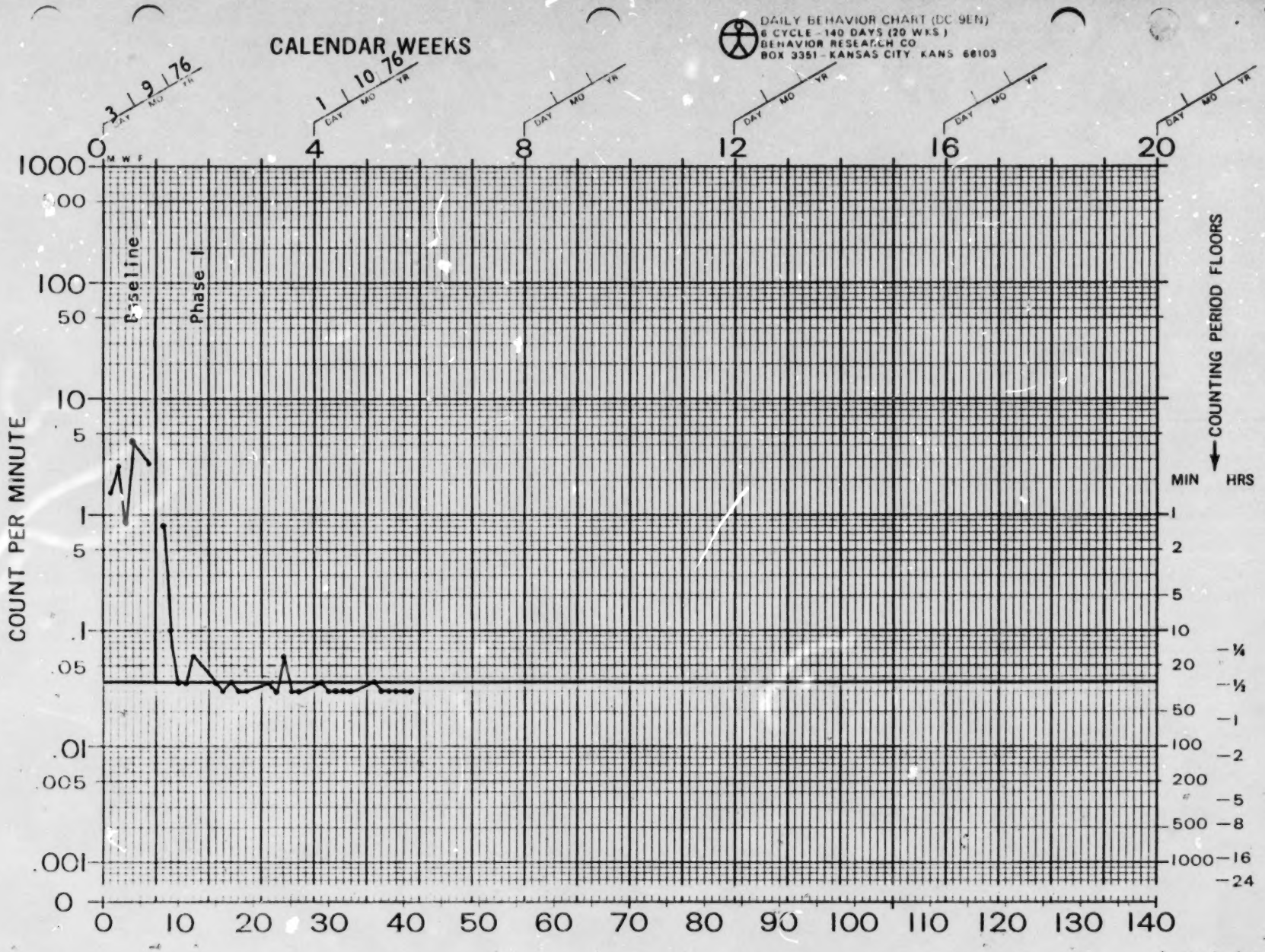
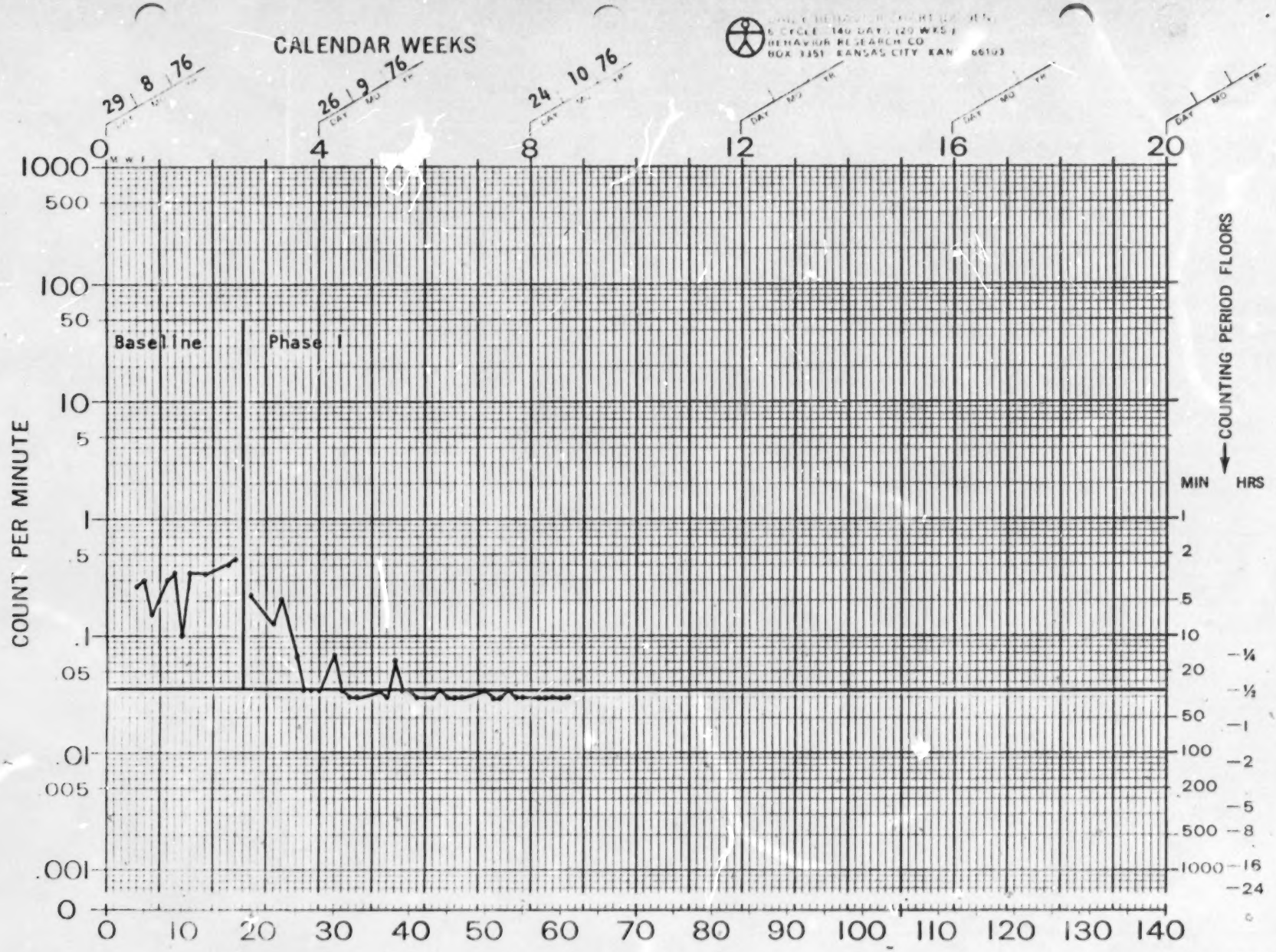


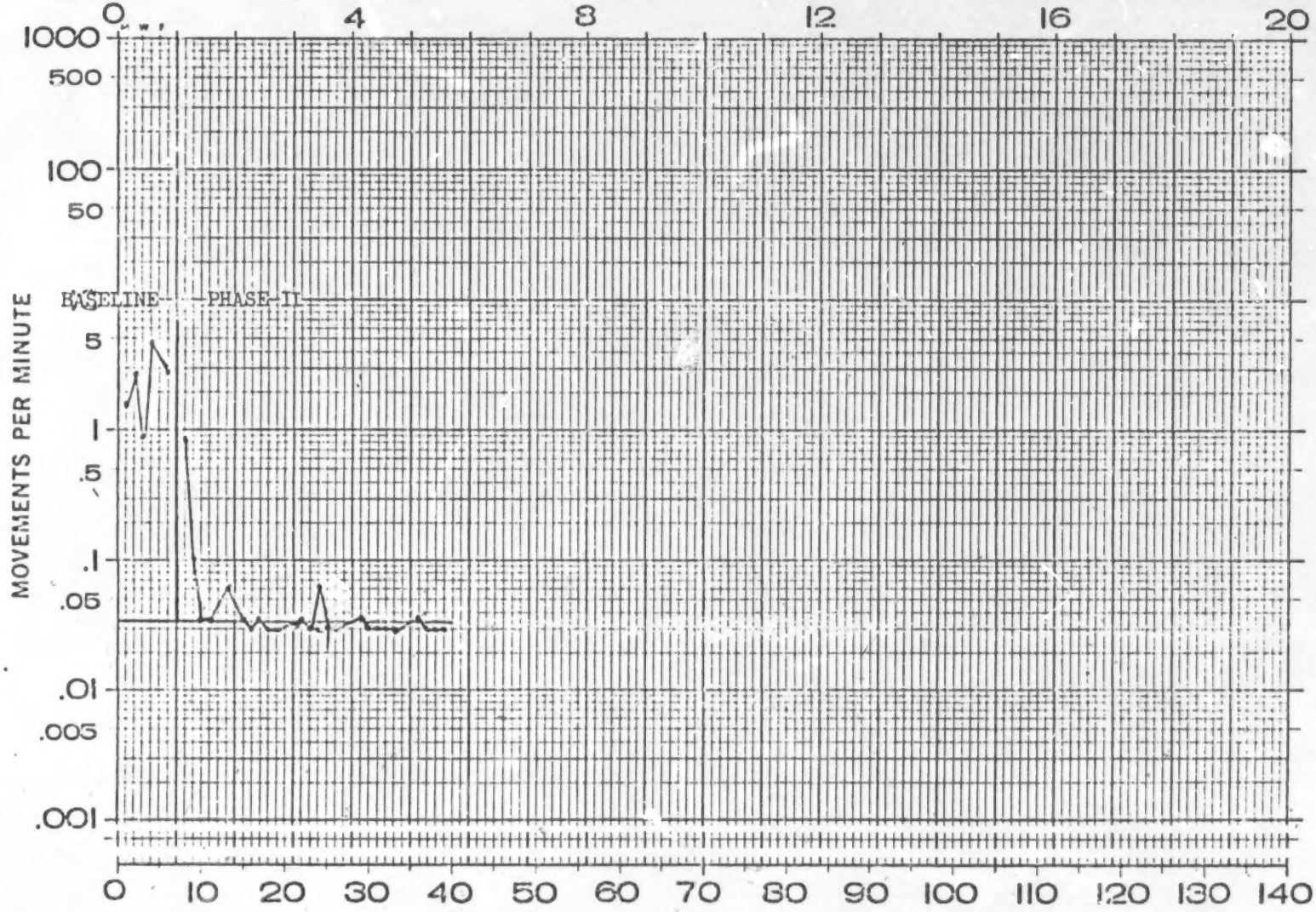
R. Spangler	J. Stone	R. Villier		Junior	8	Retarded	Aggressive Behavior
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED
	GVDC		R. Villier	R. Villier	R. Bower		
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER		



R. Spangler	J. Stone	R. Villier		Billy	8	Retarded	Aggressive Behavior
SUPERVISOR	ADVISER	MANAGER		BEHAVER	AGE	LABEL	COUNTED
GVDC			R. Villier	R. Villier	R. Bower		
DEPOSITOR	AGENCY		TIMER	COUNTER	CHARTER		

CALENDAR WEEKS

DAILY BEHAVIOR CHART (DC-6)
6 CYCLE - 140 DAYS (20 WKS.)
BEHAVIOR RESEARCH CO.
BOX 3351 - KANSAS CITY, KANS. 66103



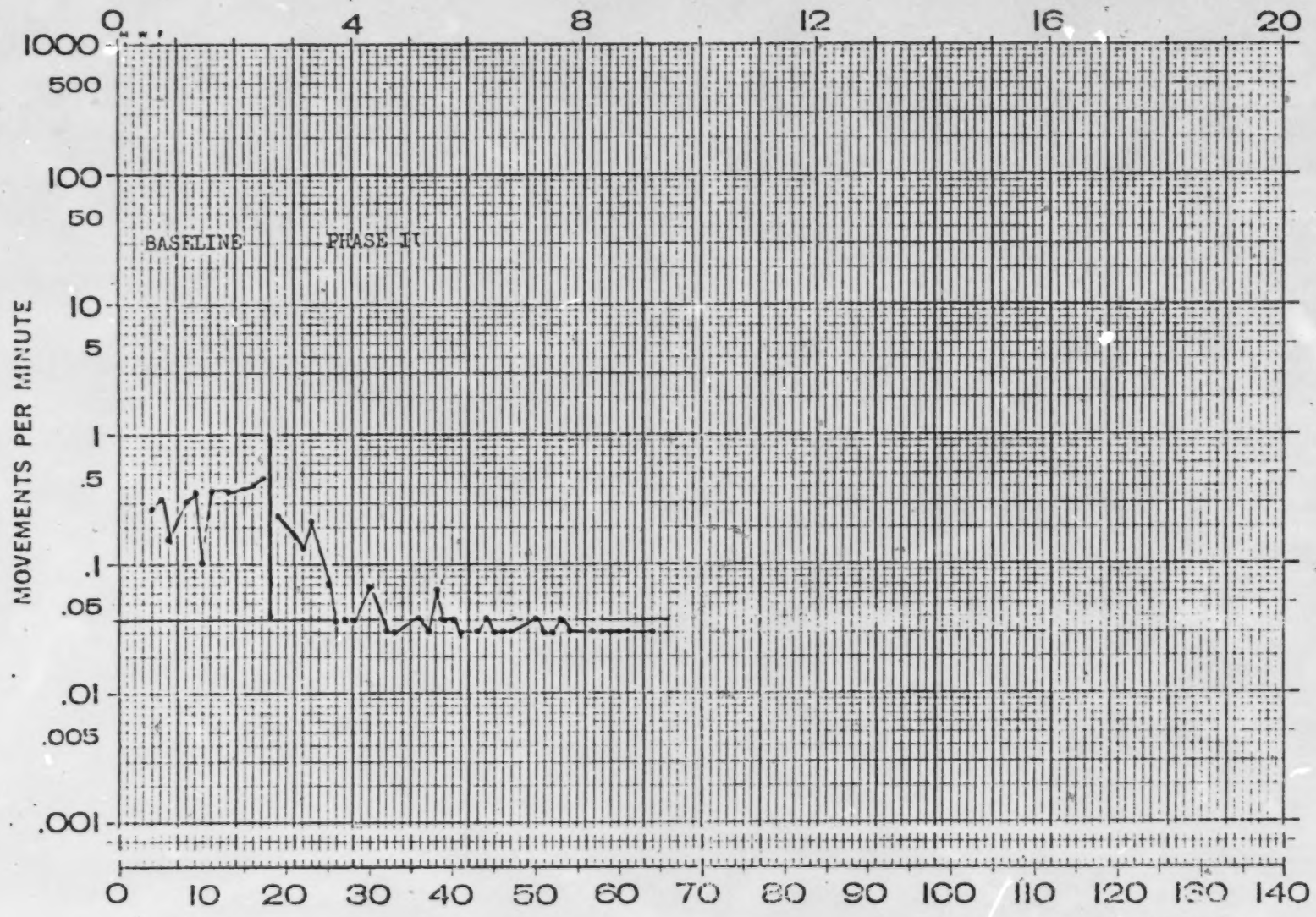
SUCCESSIVE CALENDAR DAYS

Robert Spangler — SUPERVISOR
John Stone — ADVISOR
Robert Villier — MANAGER
Greene Valley Development Center — AGENCY
_____ — DEPOSITOR

Frequency of hitting, pushing, kicking, spitting and biting.

Junior — BEHAVER
8 — AGE
Severely Retarded — LABEL
Aggressive Behavior* — MOVEMENT
Robert Bower — CHARTER

CALENDAR WEEKS



SUCCESSIVE CALENDAR DAYS

Robert Spangler SUPERVISOR | John Ston ADVISOR | Robert Villier MANAGER | *Frequency of hitting, pinching kicking, biting and pulling hair. | Billy BEHAVER | 8 AGE | Severely Retarded LABEL | *Aggressive Behavior MOVEMENT

DEPOSITOR | Greene Valley Development Center AGENCY | Robert Bower CHARTER